Промінь
Promin

Єпархіяльна поїздка до сиріт
Eastern Eparchy Mission

Кераміка Сузани Фербей
Susan Ferbey's Ceramics

Сотні уродини Марії Зайців
100th Birthday of Maria Zajcew

Союз Українок Канади

August/September 2019 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LVIX
серпень - вересень, 2019 р.

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Canada

РЕДАКЦІЙНА

EDITORIAL

Дорогі Читачі!

Дуже вибачаю, що я образила певну кількість своїх читачів минулого місяця, нарікаючи на брак акуратної та повної інформації на сторінках соціальних інструментів по інтернеті (такі як "Facebook"). Я не мала на увазі викидати такі сторінки! І я не критикую тих, що творюють їх та займаються ними. Вони дуже важливі щодо сучасного повідомлення людей про всякі культурні підприємства й дозволяють людям зв'яжуватись скоренько та численно. Я тільки хотіла піддати до уваги, що вони відмінні від журналів.

Також перепрошую, що я сказала неправду про сторінку "Facebook" свого власного відділу. Немає двох таких сторінок! Є одна сторінка, а до неї можна податися двома способами—вживаючи скорочення "UWAC St. John's" або вживаючи довшу назву "Ukrainian Women's Association of Canada St. John's Branch". От я щось навчилася про "Фейсбук"!

На жаль, дуже трудно редакторці "Променя" витлумачити докладну інформацію про що діється в нашій організації користуючись виключно цими сторінками. Щоб написати належно про що сталося в вашому відділі, мені треба додаткових деталів—дати, назви, і.т.п. Отже, прошу Вас, далі висилайте певні тексти з фотографіями (найкраще електронною поштою) редакторці, щоб мали що друкувати про вашу діяльність при відділах та при управах.

Остаюся з пошаною до Вас Усіх,

Леона Фарина Бриджес

Leona Bridges
Editor

Dear Readers of Promin,

I sincerely apologize for upsetting a number of Promin's readers with statements I made in my last editorial about social media pages, like Facebook. It was never my intention to condemn these, but rather to point out their limitations. I never meant to attack those who have taken the trouble to create and manage such pages. Indeed, I certainly understand the usefulness of such media in today's world. Social media pages reach great numbers of people quickly and allow folks to communicate instantly with each other. They are most useful in advertising Ukrainian

cultural events. Families and groups can exchange ideas instantly. A magazine like "Promin" is unable to compete with them in many ways, however, it has its own value for other reasons.

I was entirely in error when I said that my own UWAC branch has two Facebook pages. Not true! There is only one! It can be accessed by searching by the abbreviated "UWAC St. John's" or by the longer "Ukrainian Women's Association of Canada, St. John's Branch". I have learned something about Facebook!

When I, as editor, am short of news from the branches, I seek information on these social media pages. Unfortunately, I can rarely use what I find there in "Promin". It's just too sketchy for a magazine format. So, please continue to send me texts and photos (preferably by email) about what is happening in your branch or in your executive. This issue is delightfully full of your news. Thank you!

With respect for all you do,
Leona Faryna Bridges

Front Cover:

Terracotta earthenware by Susan Ferbey

Back Cover:

Artworks by featured artist Susan Ferbey

DEADLINES

Please note that the deadline for submissions for our **October - November** issue is

August 20, 2019

Upcoming submission deadlines are:
Oct - Nov issue - August 20, 2019
Dec - Jan issue - October 20, 2019
Feb - March issue - December 20, 2019

For more information contact:
bridgesl@telus.net
780-619-4416 (mobile)

Donations

Feist, Oricia, Saskatoon, SK	$ 60.00
Ignash, Pauline, Winnipeg, MB	$ 15.00
Kotyshyn, Anne, Vegreville, AB	$ 20.00
Kowcz, Olga, Montreal, QC	$ 50.00
Pidwysocky, Jennie, St. Laurent, QC	$ 40.00
Predy, Olga, Smoky Lake, AB	$ 20.00
Shewchuk, Mary, Edmonton, AB On the occasion of her 90th Birthday	$ 90.00
Skakun, Vivian, Edmonton, AB	$ 100.00
UWAC St. John's Cathedral Branch, Edmonton, AB	$1,000.00
UWAC Lesia Ukrainka Branch, Nepean, ON	$ 100.00
UWAC Olena Pchilka, Yorkton, SK (for Vyshyvanka article)	$ 130.00

Donations in Memory of...

- Family of Mary Chorney, Edmonton, AB. — $ 150.00
  In memory of mother Mary who passed away November 2018
- Goreglad, Olga, Oshawa, ON — $ 50.00
  In memory of sister Mary Shulga, Oshawa, ON
- Ignash, Pauline, Winnipeg, MB — $ 25.00
  In memory of 6 sisters and 7 brothers
- Rudy, Mary, Carrot River, SK — $ 20.00
  In memory of mother Annie Kozun
- UWAC Olena Pchilka Branch, Yorkton, SK — $ 100.00
  In memory of Eleanor Dorosh, Sally Skwarchuk, Ann Woloschuk and Kay Woloschuk
- Woloschuk, Wayne and family, Calgary, AB — $ 150.00
  In memory of mother Catherine Woloschuk

May their Memories be eternal. Вічная пам'ять!

Donations submitted directly to National UWAC with 2019 Anketa up to May 2019:

(Administrator's note: Branch donations sent directly to Promin are listed in each issue, as they are received, under Donations to Promin Press Fund)

UWAC St. Anna's Branch, Edmonton, AB	$ 200.00
UWAC Dominika Ohienko Branch, Lac La Biche, AB	$ 100.00
UWAC Lesia Ukrainka Branch, Two Hills, AB	$ 100.00
UWAC Olha Kobylianska Branch, Chilliwack, BC	$ 100.00
UWAC Lesia Ukrainka Branch, Kamloops, BC	$ 200.00
UWAC Lesia Ukrainka Branch, Vancouver, BC	$ 200.00
UWAC Lesia Ukrainka Branch, Hamilton, ON	$ 200.00
UWAC Kniahynia Olha Branch, Toronto, ON	$ 300.00
UWAC Olena Pchilka Branch, Aylsham-Codette, SK	$ 100.00
UWAC Hanka Romanchych Branch, Saskatoon, SK	$ 200.00

UWAC National President

MESSAGE FROM NATIONAL PRESIDENT, SYLVIA GRAY

Sylvia Gray
President

Photo by
Bob Talbot

Dear Soyuzanky,

Autumn is a visual reminder that each new bud of life we rejoiced over and thrilled to in spring as well as the explosion of sights, sounds and smells of summer are coming to an end. The carpet of leaves on the ground and the bare branches remind us that nothing lasts forever. It is a call to cherish everything around us while we are able. Nature's lifecycle, and ours, is constantly evolving, becoming the new "norm". Fall is the perfect season to give generously of our time and talents to others, paving the way for the upcoming renewal of the Ukrainian Self-Reliance League of Canada, being especially supportive of our new National Ukrainian Women's Association of Canada Executive.

At *spiritualityandpractice.com/Autumn: Reflections on the Season*, I read that certain spiritual masters in Tibet used to set their teacups upside down before they went to bed each night as a reminder that all life was impermanent. And then, when they awoke each morning, they turned their teacups right side up again with the happy thought, "I'm still here!" What a wonderful reminder to celebrate every moment of the day!

Cynthia Kneen, in *Awake Mind, Open Heart*, shares an open heart practice to carry with you into the fall. "When you are brave and have an open heart, you have affection for this world — this sunlight, this other human being, this experience. You experience it nakedly, and when it touches your heart, you realize this world is very fleeting. So it is perfect to say, 'Hello means good-bye,' and it also means, 'My hope, hello again.'"

God Bless and keep you for many, many years! "На многі літа!"

Respectfully submitted,
Sylvia Gray, outgoing National President

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Note to Promin Readers: I received a number of passionate reactions to my editorial of June/July 2019. Please see my editorial on page 3-4 for my apologies and an explanation of my intent. Thank you!

Dear Betty and Leona,
Thank you for the wonderful Promin articles. Your work on our UWAC journal is much appreciated.
I've attached a photo and write-up that I respectfully ask that you please include in Promin. The photo is of our Kn. Olha Branch UWAC members at St. Mary the Protectress Cathedral at the 100th birthday celebration for our long-time member Maria Zajcew. 'Pani' Zajcew is shown in the photo seated front row centre (in embroidered blue dress).
Thank you for your anticipated inclusion of the photo and article in Promin.
God bless.

Val Noseworthy,
Winnipeg, MB

Dear Betty, Leona and Erin,
I got my Promin yesterday—always a great job. Thanks to the three of you for your hard work and dedication.

Vivian Skakun,
Edmonton, AB

CIX!
Dear Sister Leona and PROMIN,
I thoroughly enjoy reading PROMIN. Fabulous job! "Дякую! You mentioned videos in your last editorial- I wonder if we could start with a 3-5 minute segment from the cooking/gardening/spotlight sections. In the magazine itself, there could be a link typed out to watch a video.
Adding short videos in conjunction with the hard copy magazine would enrich the reading experience, but it would also be a way to reach out to our youth.
If you need assistance setting up a YouTube account please let me know.
Your sister in Christ,

Lesia M. Skyba,
Mt. Brydges, ON

Dear Ms. Corlett,
Please find enclosed our donation to the Promin publication. We are pleased to support you in your work in achieving Promin publication and communication goals.
Yours truly,

Julia Elaschuk, President
UWAC St. John's, Edmonton, AB

Hi, Betty,
I have put two Promin subscription renewal forms in the mail today with payment—one for my Mom, Vera Stratychuk, in Prince Albert, Saskatchewan, and one for myself here in the United States.
Mom always looked after our subscriptions until last year, when she started having some health problems and then fell and broke her femur. That led to surgery and blood clots in her lungs, along with a two-month stay in hospital. She had her 89th birthday at the end of June. Now it's time that I look after the subscriptions for me and Mama—we both enjoy Promin!
Thank you and God bless,

Tally Spooner,
North Dakota, USA

Do you have something to say? We look forward to hearing from you!

bridgesl@telus.net

or

10731 - 126 Street,
Edmonton, AB, T5M 0N9

EASTERN EPARCHY ORPHANAGE MISSION TRIP 2018 – 2019

ПОЇЗДКА ДО СИРІТ СХІДНОЇ ЄПАРХІЇ 2018 – 2019

Tanya Buciora

Ever since I was young, coming to church on Sundays and being introduced to the Ukrainian Youth Organization (CYMK-UOY), I have heard about the Orphanage Mission Trip through many former CYMKivtsi. These individuals have been my role models, teaching me the importance of religion, faith, culture, and our youth association, not only within the realm of Ukrainian Orthodoxy, but with respect to individuals of all backgrounds.

Fifteen years later, having gained experience within Canadian society, St. Demetrius Parish and its youth organization, I am now proud to call myself the National CYMK-UOY President. I have met with youth from all around Canada, within many different parishes, trying to spread the leadership skills that my former CYMK-UOY Executives and parishioners have taught me. Ukrainian culture, being a Ukrainian dancer (Barvinok Ukrainian Dance School), traveling the world, showcasing Ukrainian music, song, dance and art, and studying criminology and sociology at the University of Toronto have made me aware of how important partaking in social events really is. I have had a chance to meet with ATO Soldiers in Rehab and am currently working with female prisoners at a maximum security Federal Prison. However, I had not yet participated in the Orphanage Mission Trip. As stated by David J. Kirk,

> "People always ask me that, how it feels to be an orphan. I don't know. I want to ask them how it feels to have a family."

As National CYMK-UOY President, I am proud that our CYMK locals have donated to the orphanages in Ukraine, alongside their local parishes—funds raised from caroling and monthly activities, as well as the "Help Us Help the Children Charity" donations, where we were able to send many shoes and boots to children in need. In these ways, we not only focus on family within the home and church, but also contribute to our families abroad in Ukraine.

Participating in the Orphanage Mission Trip has always been a dream of mine. I have always wanted to visit these facilities to thank those who spend their days caring for the children in need, but also to meet the youth we have been aiming to help for all these

years, to make them smile, to embrace and protect them so they feel the warmth of love, and, most importantly, to let them know they are not alone. They have a large family of Ukrainian Orthodox youth in Canada that are there for them, love them, and are always thinking about them. I have heard many great accounts of this trip, the experiences it provides, and the lessons it teaches.
This trip would allow me to learn about an inspirational and motivational group of youth. As a student sociologist and Ukrainian Orthodox Youth president, I would be able to share my experiences with all other Ukrainian Orthodox Youth in Canada, conducting a workshop at the next USRL of Canada convention. It would be meaningful and beneficial for all of our youth to understand the effects of their fund raising efforts on orphans in Ukraine and for CYMK to be represented during this trip. I, personally, would be more able to share the outcomes of UOY's efforts with our newest CYMKivtsi, should I participate in the Trip. I could be more effective as a role model for them, just as former CYMKivtsi were role models for me.

In December, 2018, with the assistance of many donations from the Ukrainian Women's Association of St. Demetrius Ukrainian Orthodox Church, the Ukrainian Self-Reliance Association of St. Demetrius Ukrainian Orthodox Church, the Senior Long-Branch CYMK – Ukrainian Orthodox Youth of St. Demetrius Ukrainian Orthodox Church, the Parish Council of the St. Demetrius Ukrainian Orthodox Church, and other individuals' generous donations, this trip became possible. Here is my report.

I would first like to thank each and every one of the above-mentioned organizations and individuals. Their generosity and trust warm my heart and and fulfill my soul. "Giving is not just about making a donation; it's about making a difference" (Kathy Calvin), and we continue to do this through our charitableness and connectivity to Ukraine. From December 27th, 2018 through January 4th, 2019, I was accompanied by Fr. Bohdan Hladio from Oshawa, Fr. Lubomyr Hluchaniuk of Hamilton, and Marta Strelchuk, a parishioner from Oshawa (with whom I have become close friends). We were later joined by Mykola Derevynsky of London, England (who became our driver) and His Grace, Bishop Andriy of the Eastern Eparchy.

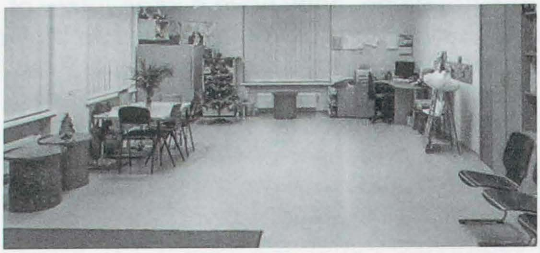
Erin Haugen
Visual Artist

Facebook:
www.facebook.com/erinhaugenart

St. Paul, AB
587-252-3410
ehaugen@hotmail.ca

Image: *Ostrich Egg Pysanka*

December 27, 2018. After celebrating Christmas with my immediate family, I was on a mission to meet Ukrainian youth, who have no families. Arriving in Ukraine, after a long journey, I was passionate, but also apprehensive about the trip. Through one written report, it is almost impossible to recount the feelings and details of such a mission. I could have written a book!



December 28, 2018. I visited our first facility of the mission trip, the *Dzherelo Rehabilitation Centre* in L'viv. I was greeted by many of the warmhearted staff within the rehab, who work day and night to provide safe and comfortable surroundings for the youth. We were also greeted by some of the ailing parents of some of the youth that are housed within the rehab centre. However, most significantly, we were welcomed by some of the disabled and weakened youth, confined to their wheel-chairs, smiling and reaching out to us. I was inspired by this large facility and family, centered in the heart of one of Ukraine's largest cities. According to the *Dzherelo* mission, they "operate as an independent rehabilitation facility. *Dzherelo Centre* is committed to consultation, rehabilitation treatment, education and counseling of both children with disabilities and their families" (Children of Chernobyl Canadian Fund, 2019). Their vision "is one in which children with disabilities in Ukraine are given the opportunity to realize their fullest potential, both physically and intellectually, in a society that accepts as well as respects, their rights and appreciates their unique gifts" (Children of Chernobyl Canadian Fund, 2019).

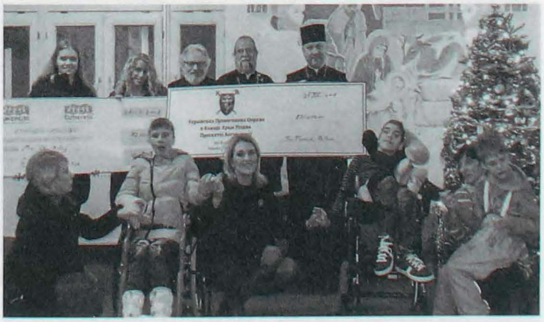
The youth are mentally and physically ill, attempting to recondition themselves to become better able. These youth work alongside doctors, professionals, educators, and their parents. They have a strong support group assisting them with their daily obstacles and struggles. They are strong—smiling and fighting to hold their presented icons, standing for photographs, and proving to themselves that rehabilitation is possible. *Dzherelo* is a facility filled with pride, care and inspiration. It hosts over 2,000 disabled youth.

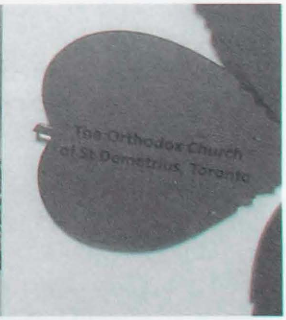
Physically, L'viv is a difficult city to get around in for the handicapped. There are cobbled streets, narrow paths, high curbs, stairs and other obstacles to wheelchair travel. It is a comfort to know that such a facility as *Dzherelo* exists, to provide assistance and comfort to these disabled persons. We should be proud of it.

We toured the *Dzherelo Rehabilitation Centre*, escorted by staff. We saw the many classrooms and play areas and the rows of wheelchairs and disability equipment. Financial assistance is crucial to maintaining the facility. $10,000 was donated by the UOCC to *Dzherelo Rehabilitation Centre*. With the support of such donations, the rehabilitation centre continues to provide a great number of disabled youth with resources, special equipment and trained staff. It is a not-for-profit facility. To honour its many donors, the Rehabilitation Centre displays all of its sponsors on a wall at the entrance. A large tree with many leaves showcases each sponsor. A leaf representing the Ukrainian Orthodox Church of St. Demetrius, Toronto, hangs there. Donors are on the same righteous path that the Good Samaritan was on, as outlined in the Gospel of Luke.

December 29, 2018. This was the day of greatest impact for me. I will never forget it. I cannot fully describe it in words. We visited the *Bukovo Orphanage* in the Staryj Sambir Region. The day began with an unexpected 3-hour drive on uneven Ukrainian roads through a forest. Upon arrival, I was greeted by two young girls waiting outside the car. Getting out, I could feel my hand automatically touching theirs, and so the hugging began. I met the new manager of the facility, a very young man, who could be made a saint for the job he took upon himself.

This facility holds over one hundred female orphans, separated into different age groups, from young to adult. All of these individuals have severe mental disorders, ranging from neurological dysfunctions such as blindness, deafness, inability to speak, to psychological disorders such as schizophrenia, downs syndrome, and bipolar disorders or physical disorders such as arm, leg, and body deformities. Their common denominator is that, despite their disabilities, they have been taught to love God and practice their religious faith. My expectation was to see healthy orphan children, but I was not expecting to see individuals of this age group in the *Bukovo Orphanage* in such a poor cognitive and depressed state. I continue to feel great sorrow and pity for these girls.





These girls need human interaction and touch. They love to be near people. We brought many gifts, chocolates and candy to hand out during the Christmas season, however, these girls were not focused on the material gifts. Their wish was to hold on to someone. They wanted to hug, touch, kiss and hold hands. Volunteers are desperately needed to spend time with these girls, to be physically present.

Thanks to the Eastern Eparchy of Canada, this facility is well maintained, constructed, and managed. The Bukovo Orphanage has a farm on site, where orphans and volunteers are able to grow their own produce and interact with the animals. There is a kitchen, a school, a beautiful playground and gym, a chapel, and bedrooms. These orphans are creative. For example, one young female, almost completely blind, is still able to practice painting with a stippling method of iconography. Her icons, displayed around the orphanage and within its chapel, are amazingly detailed.

The purpose of the visit to this facility was not only to meet and brings gifts and donations to the orphans, but for His Grace, Bishop Andriy, to bless the newly renovated Bukovo building. The renovation was entirely funded by donations from the Ukrainian Orthodox Eastern Eparchy of Canada. This building will be the new home for several of the teenage female orphans without handicaps. The girls in question were so grateful that they put on a wonderful performance with embroidery, song, and dance. This building is being furnished in stages; improvements are ongoing. Some comfortable beds and warm linens are already in use in the bedrooms of this renovated building.

I was humbled to hear these special orphans giving us their best wishes as we

departed, telling us that we must always 'hold our heads up high' and smile at every opportunity, and be thankful for what we have. They seemed to be giving more back to us with their words and praise than we had given them. I felt blessed, realizing that God has created each individual in her own unique and special way.

December 30, 2018. The *Maple Leaf House* in Stoyaniv, which is sponsored and supported by the "Nashi" group from Saskatoon was our next stop. This particular orphanage has recently appeared on 'Forum' and 'Kontakt' TV. The segments shown on the national media are a small window to enlighten viewers as to what charitable work Ukrainians in Canada are offering to unfortunate minority groups in our motherland. This is one of the well maintained facilities, with stable, well loved and raised young girls. These girls have been rescued from a life of human trafficking, poverty and/or poor parental guidance. *Maple Leaf House* provides the Stoyaniv village Priest and his family a place to live. The villagers volunteer and help as much as they can. I had a chance to meet all thirteen girls, many sisters amongst them. I was given a tour of their wonderful rooms and home, their school and play areas, as well as their kitchen and chapel. When entering the chapel, I was pleasantly taken aback to see an icon of every girl's Saint displayed on the altar. This was a beautiful touch and makes me realize how special and unique every orphanage is in its own way. The orphanage also displays its tree of sponsors.

Following our trip to Stoyaniv, we visited our well known orphanage, Sonechko, in Kivertsi in the Lutsk region of Ukraine. Our church, St. Demetrius, diligently works to provide opportunities for growth, funding, updating of the facility, and provision of necessities for the youth. Out of all four orphanages visited, my observation was, that this one was the most prosperous. Even though many label Sonechko as an orphanage, it could also be classified as a rehabilitation facility for youth with mental disabilities, mainly—autism, bipolar disorder, and behavioral issues. Here, parents are devoted to their children and many from all over Ukraine try to get a placement in this facility, as it is known as one of the best rated facilities for these types of disorders in children.

To be continued.

Рідне слово

Замітка редакторки: У числі "Променя" від жовтня/листопада 2018 р., подали коротку статтю про Ольгу Басарабову. Нище, доповнюємо інформацію про ню почерез цікаву статтю, також написана Ольгою Бежук. Буде далі.

Рецензія

на статтю **«Ольга Левицька- Басараб – членкиня управління Українського Жіночого Союзу у Відні»**

асистента кафедри історії України та економічної теорії Бежук Ольги Миколаївни

Українське жіноцтво в історії свого народу завше відігравало і продовжує відігравати важливу роль. Від найдавніших часів і до сьогодення воно залишається джерелом не тільки фізичного життя , але й першоосновою духовного, національного, політичного мислення. В надзвичайно складних історичних умовах формування нашої державності, українські жінки завше гідно несли прапор батьківської, релігійної традиції, як чинника розвитку нації. Тим самим вони достойно виконували роль покладену на них Богом і обставинами часу.

Саме ця думка є домінуючою в статті О.Бежук «Ольга Левицька-Басараб – членкиня управління Українського Жіночого Союзу у Відні». Авторка, залучивши багатий архівний та джерельний матеріал висвітлює діяльність жіночої громадсько-політичної організації, що діяла у Відні після Першої світової війни. Як показує час, коли б не було в українському жіноцтві державотворчих, господарських, громадських прикмет, війна 1914-1918рр. не тільки економічно, але й духовно знищила українську націю. З огляду на це стаття Ольги Бежук є надзвичайно актуальною, оскільки присвячена саме проблемі розвитку українського жіночого руху, роль якого до сьогодні належним чином не оцінена. Одночасно О.Бежук подає цікаві коментарі, що стосуються функціонування Комітету як-от: багатовекторність праці жінок, їх співпраця з міжнародними жіночими організаціями, вплив на міжнародну спільноту у вирішенні українського питання.

Стаття відповідає вимогам, які ставляться перед науковими роботами аспірантів та здобувачів.

М. М. Дзера

Частина І - Ольга Левицька - Басараб – членкиня управління Українського Жіночого Союзу у Відні

Анотація *На основі узагальнення архівних, наукових, літературних джерел зроблено спробу висвітлити основні аспекти діяльності*

О.Левицької-Басараб як членкині Українського Жіночого Союзу, що діяв у Відні у 1918-1924рр.

Ключові слова: *УЖС, жіночі організації, міжнародний жіночий рух, робота секцій, просвіта.*

Кінець Першої світової війни приніс жіноцтву в багатьох цивілізованих країнах світу повноту громадянських і політичних прав. Як пише М.Рудницька : «Бути гідним цієї рівноправності, покористуватися нею і довести свою рівновартість, станувши плечем в плече з чоловіками в боротьбі за волю народу – ось зовсім зрозуміле бажання тодішнього українського жіноцтва молодої генерації» [1, с.368]. Гідним авторитетом став приклад дівчат-січовичок: імена Олени Степанів, Софії Галечко і Гандзі Дмитерко, опромінені славою, підштовхували до наслідування українських патріоток. Зі зброєю в руках вони беруть участь у Листопадовому зриві у Львові, українсько-польській війні, вступають до лав Української Галицької Армії.

Засвоївши уроки національно-визвольної боротьби періоду 1917-21рр., свідоме українське жіноцтво по-новому визначає своє місце в боротьбі за незалежність - не фронтова служба зі зброєю в руках, а робота у військових тилових установах стає основною формою допомоги суспільності. З цього часу українські жіночі організації «характерні дуже практичним і прагматичним підходом до своєї праці. Жінки збираються і беруться того, що конечно треба зробити - від харитативно-допомогових заходів до міжнародного типу репрезентацій» [2, с.9]. Цього вимагала співпраця з жіноцтвом Європи та Америки, котре створило ряд власних феміністичних організацій.

Українською моделлю презентації жіноцтва на міжнародній арені став Український Жіночий Союз [3, с.4]. Його засновано з ініціативи Марії Марітчак-Яськевич, Мілени Рудницької та Надії Суровцевої у Відні 18 червня 1920р. На перших зборах Міленою Рудницькою оголошено реферат про ціль і потребу жіночих організацій та особливу їх роль у Відні – осередку багаточисельної української еміграції. Жінками складено статут, згідно з яким Український Жіночий Союз трактувався безпартійною організацією, метою якої є національне та політичне освідомлення жіноцтва, підготовка його до творчої державної діяльності та праці на культурній й гуманітарній ниві. Це була необхідна ланка в консолідації українок по обидві сторони Збруча. Ідейною платформою Українського Жіночого Союзу проголошувалось єднання національної ідеї з емансипаційною[4, с.53].

Членкинями та активістками

Українського Жіночого Союзу були, як правило, жінки, задіяні попередньо у Комітеті допомоги раненим українським жовнірам у Відні. Так до Управи товариства увійшли: д-р М.Марітчак-Яськевич, д-р Н. Суровцева, секретарки С.Вольська-Мурська, І.Вахнянин, як члени Союзу – М.Лисяк-Рудницька, О.Левицька, О.Федак-Шепарович, М.Грех, О.Степанів, скарбничка – Ольга Левицька – Басараб. Ольга Левицька – Басараб з часу заснування організації активно включається в її роботу спочатку як скарбничка (касієрка), згодом як голова організаційної секції[4, с.55]. Нагадаємо, для втілення намічених цілей і залучення більшого числа жінок до роботи, при Жіночому Союзі створювалися секції: культурно-наукова, секція преси і пропаганди, організаційна, секція допомоги українським дітям і населенню в краї, секція підтримання товариського життя у Відні, секція українсько-німецька[5, с.61].

Завданням О.Левицької-Басараб, як голови організаційної секції стала просвітницька робота серед дітей українських емігрантів у Відні, проведення курсів для неграмотних співвітчизників. Відомо, що в повоєнний період питання освіти українських емігрантів залишалося невирішеним. У Відні бракувало україномовних шкіл і гімназій, про що не раз повідомляла на своїх засіданнях Українська Загальна Культурна Рада. Незважаючи на підтримку Міністерства віросповідань і просвіти Австрії в справі заснування українських навчальних закладів, у Відні в часі війни діяла лише одна українська гімназія [6, с.7].

З іншої сторони, у Австрії гостро відчувався брак кваліфікованих учительських кадрів. Щоб заповнити цей вакуум, влітку 1915 р. у Відні було засновано курси Вищої освіти українських учителів Галичини та Буковини під керівництвом А. Крушельницького [7, с.3].

19 ґрудня 1916 р. у спеціальному зверненні до крайових намісництв і урядів міністр внутрішніх справ зобов'язував "відшукати придатні вчительські сили для роботи з дітьми галицьких біженців" [8, с.82]. Вирішенням і розв'язанням цього питання зайнялось жіноцтво. Як наслідок, Жіночий Союз на початку грудня 1921р. організовує підготовчі курси для учителів українських шкіл та працівниць т.зв. захоронок – дитячих дошкільних закладів. Курси зібрали у Відні 15 слухачок, при тому, що оплата навчання становила в післявоєнний час 500 корон.

Беручи на себе усю відповідальність процесу освіти та виховання напівголодних дітей, жінки свідомі того, що такі жертви оправдані. Вони піднімають цю проблему на шпальтах газет, неодноразово звертаються до Українського допомогового комітету про фінансову допомогу. Гроші були потрібні на придбання книг про нові напрями виховання дітей та організацію дитячих садків – «щоби… поширити і поглибити свої в тім напрямі відомості» [9, с.16]. Жінки навчали дітей і самі в такий спосіб

учились.

Головним завданням жінок секції, очолюваної О.Левицькою-Басараб , стала педагогічна та освітянська опіка над українськими дітьми Відня. Про відповідні заходи секції, газета «Український прапор» 22 травня 1921 року помістла замітку: «Стараннями Українського Жіночого Союзу та секції допомоги українським дітям - емігрантам у Відні утворено курси для українських дітей шкільного віку». Повідомлялось, що курси відбуватимуться в приміщенні товариства «Єдність» 3 рази на тиждень і будуть безкоштовними. Навчання проводитиметься фаховими вчителями, крім науки української мови та історії, обіцялись прогулянки, театральні вистави, дитячі хори. На кінець повідомлення ставився наголос про вагу, яке має навчання рідної мови– «щоби наші діти набрали українського Духа і не винародовлювалися» [10, с.5].

О.Левицькою-Басараб 1921 року, після організації курсів, створено окремий Шкільний Комітет, до якого входили представники українських робітничих товариств: «Єдність», «Родина», «Зоря» та п'ятеро представників т.зв. батьківського комітету. Очоливши Шкільний Комітет, Ольга Левицька-Басараб намагається об'єднати батьків школярів, які представляли різні соціальні верстви суспільства – від робітника до інтелігента, зі своїм баченням сучасної політичної ситуації. Їй вдається переконати батьків, що школа не є місцем політичних прорахунків, і тим самим звести до мінімуму антагонізм між українськими сім'ями. Цим О.Левицька-Басараб завоювала собі глибоку шану та повагу з боку українських емігрантів, Шкільного Комітету та самих учнів[11, с.3].

Гроші на утримання «шкілки» для дітей надавав уряд ЗУНР та українські товариства. При школі з часом почав діяти дитячий хор, котрий виступав на концертах і виставах в часі українських релігійних свят в церкві Святої Варвари. 25 листопада 1921 року Ольга Левицька – Басараб як голова секції звертається до хвального Українського Допомогового Комітету у Відні про надання фінансової допомоги для проведення Свята Миколая, так як фонди Союзу вичерпались на утримання школи [9, с.6].

Потрібно наголосити, що до роботи організаційної секції Українського Жіночого Союзу була залучена Американська Допомогова Адміністрація – Amerikanische Kinder Hilfsaktion – in Osterreich, котра у післявоєнному Відні надавала безплатні обіди та харчі українським дітям та молоді, при наявності медичного посвідчення про незадовільний стан здоров'я.

Ольга Бежук
Асистент кафедри історії України та економічної теорії
Львівського національного університету ветеринарної медицини та біотехнологій ім. С.З.Гжицького

Back row: Elsie Bilan, Pauline Yaschuk, Yvonne Panchuk, Olga Surkan, Darlene Ryczsak, Lorrie Kaban, Jean Citulsky, Shirley Prokopetz, Josie Gorchinski, Leona Procyshyn; Front row: Jeanette Oystrick, Pauline Semenuik, Wilma Kirstuik, Nadine Mihaychuk, Irene Woroniuk.

NEWS FROM THE BRANCHES

Vyshyvanka Day 2019

Olena Pchilka Branch, Yorkton, SK

Our Olena Pchilka branch, Yorkton, Sask. celebrated Vyshyvanka Day May 22nd. Our members gathered together at our Parkland Mall in Yorkton, wearing our beautiful embroidered Ukrainian shirts for a 10:00 am coffee break. As some of us were under medical care, a walk would not be feasible, but a coffee break gathering worked out well. We had many compliments and also had our local paper, *The Yorkton Enterprise*, come out and photograph us. It was a fun morning and all enjoyed the outing. We are proud to be Ukrainian.

Sincerely,
Leona Procyshyn, President

Kniahynia Olha Branch, St. Mary the Protectress, Winnipeg, MB

Celebrates Maria Zajcew

Kn. Olha Branch UWAC members were honoured to celebrate the 100th birthday of long-time UWAC member, Maria Zajcew. 'Pani' Zajcew's family, friends, UWAC sisters and members of St. Mary the Protectress Ukrainian Orthodox Cathedral in Winnipeg came together at the parish's May 5, 2019 "Spilne Sviachene" Easter dinner to recognize Pani Zajcew's centenary birthday and lifetime achievements.

Пані Марія була і є активною членкинею нашої Української громади, Української Православної Церкви і Союзу Українок Канади. Вона була вчителем і директором Недільної та Рідної школи при парафії, директором оселі Веселка і організатором багатьох заходів і зустрічей у нашій церкві та громаді. Протягом цих багатьох плідних років, пані Марія посіяла багато зернят добра, знань і любові до рідної культури й мови в душі молодого покоління.

Pani Zajcew devoted her life to raising her family and supporting her church and community. As a member of the Ukrainian Women's Association of Canada (UWAC) since the early 1950s, she served on the UWAC Manitoba Provincial Executive from 1980 to 2008, on the National Executive from 1998 to 2003, and as freelance columnist and cultural and educational referent for the National UWAC publication "Promin". Pani Zajcew also served as Sunday School and Ukrainian School director and teacher at St. Mary the Protectress Ukrainian Orthodox Cathedral; director, counsellor, and camp nurse at Veselka Ukrainian Orthodox Summer Camp; member and past president of the church choir; and even now, at 100 years of age, is a choir member of the St. Mary the Protectress Millennium Villa where she resides.

During her many years as a Kniahynia Olha Branch UWAC member, she facilitated presentations about Ukrainian holidays, leaders, culture, literature, embroidery and history. She also baked as many as 50 paskas each year for Easter baskets for shut-ins and was instrumental in leading several aid projects to help orphans, special needs children and the elderly in Ukraine.

Pani Zajcew received a USRL Award of Excellence in 2005 for her long-standing contributions to UWAC and to our Ukrainian Orthodox community, an award from St. Andrew's College for her volunteer work at St. Andrew's College Library, and a "Hramota" from His Eminence Metropolitan Yurij acknowledging her many years of dedicated service to the Ukrainian Orthodox Church of Canada.

Пані Зайців є чудовим зразком справжньої української жінки-берегині, яка вміє любити Бога і людей, свою сім'ю й дітей, є працьовитою бджолою і просто мудрою жінкою. Ми молимо Бога, щоб Він тримав Марію Зайців у Своїх обіймах, підтримував у всіх ситуаціях і утримував її у доброму здоров'ї й достатку на многії літа.

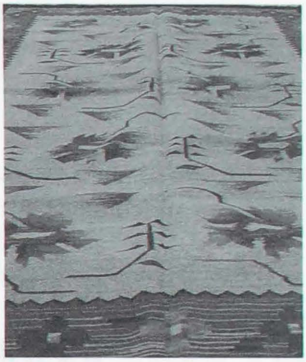
Even at 100 years old, Pani Zajcew is a good example of the words written by 18th Century writer John Wesley:
Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

Thank you Pani Zajcew for being our role model, mentor, and sister in our UWAC organization and the work we do for our church and community. Happy 100th Birthday and God bless you Pani Zajcew, you are our special treasure and we love you very much. Многая літа!!!

Respectfully submitted by
Valentina Noseworthy,
Co-president Kn. Olha Branch UWAC

An Exhibit of Ukrainian Textile Arts at the Canadian Museum of History

On Friday, May 3, 2019, the Lesia Ukrainka-Ottawa branch of the Ukrainian Women's Association of Canada hosted an interesting educational and cultural event at the Canadian Museum of History located in Gatineau, QC. Cultural Committee members, Zora Lucyk Jackson (convenor), Doreen Keir and Tamara Rudenko were responsible for initiating the event. About 35 women attended the private exhibit of 20 items from the 70 woven textiles that were donated to the museum by noted Canadian Ukrainian weaver, poet, author, journalist and activist, the late Daria Yanda (1905-2005). Fourteen of the 20 items were Daria Yanda's own creations. In attendance were Daria Yanda's daughter, Dr. Raina Fyson, and Raina's husband, Dr. Michael Fyson.



As a young woman of 21, Daria Yanda was one of the founding members of the Ukrainian Women's Association of Canada (UWAC) as well as the Ukrainian Museum of Canada in Saskatoon. By the age of 28, she was President of the National Executive of the UWAC. Daria Yanda's forte was culture, especially Canadian Ukrainian language, literature, poetry and handicrafts. She wrote under the pseudonyms Daria Mohylianka and Elizabeth Young.

Daria helped revive the art of Ukrainian weaving in Canada by teaching across the country and by being a major force in establishing a Ukrainian weaving course at the Banff School of Fine Arts. Her writings, deemed of "outstanding significance and national importance", are on official file at Archives Canada in Ottawa.

The guests viewing the exhibit, consisting of large *kylyms* (wall hangings) as well as decorative and clothing items, were in awe seeing the beautifully detailed handiwork reflecting their heritage. These items now have a place in Canadian history and have been preserved for future generations. The guests came dressed in their *vyshyvanky* (Ukrainian blouses) to celebrate their ancestral tradition. The guests expressed their hope that all 70 items in the museum's possession could be curated to form a public exhibit at the museum next year.

Following the exhibit, the women returned to our church hall for an elegant tea with silver service and china tea cups set on white tablecloths, overlaid with smaller tablecloths with Ukrainian embroidery. Each table had flowers and a tiered china stand filled with a variety of dainty canapes. A side table held a variety of sweets including Ukrainian poppy seed cake. The Honourable Senator, Raynell Andreychuk, who had been invited to the exhibit and the tea, unfortunately could not be present. The event was a very enriching social outing, much enjoyed by all.

Submitted by Halyna Beznaczuk & Zora Jackson

Honouring Jean Holuk

UWAC Calgary, AB

Sunday November 4, 2018 was a very special Thanksgiving Day celebration for St. Vladimir's Sobor Church in Calgary. Together with a visitation from His Grace, Bishop Ilarion, Jean Holuk was honored and presented with a UWAC fifty-year membership pin and recognition of her hard work. A delicious Thanksgiving Day meal, prepared and served by Ethel Tacey and her many kitchen volunteers and helpers, was also enjoyed. The Olha Basarabova Branch of the UWAC sincerely thanks Jean for her many years of hard work in the parish.

UWAC Calgary President Ethel Tacey

I was born at Wakaw, Saskatchewan to Maggie and Wasyl Kobluk. I had one sister, age 7, and three brothers, ages 11, 13 and 15. When I was four years old, my mother passed away in childbirth and left my dad to care for us. Dad soon met a lady and she became our caregiver for fourteen years. The boys left home at the ages of 16 and 18. They went to Ontario to work in the coal mines. Ann followed shortly after and was married and lived in Thunder Bay. I took my Grades 1-9 in the country school and for Grade 10, I went to the town of Smeaton, Grades 11 and 12 in Prince Albert. That is where I stayed and worked for my room and board. Soon after graduation, I went to teacher's college for only 6 weeks as they were short of teachers in Saskatchewan. We were sent to the local schools to teach. My first school was in Melfort—24 students in Grades 2-10. I enjoyed the challenge. In July, I moved to Maidstone, where I taught in three rural schools for five years and for three years in town. Because my training was only 6 weeks long, I had to take two summer sessions to get my permanent certificate. In 1955, I met Bill Holuk at

the University of Saskatchewan, Saskatoon, and we were married in 1956. We spent seven years in Prince Albert and two of our girls, Marla and Patty, were born there. Bill applied to Calgary and was accepted to teach at William Aberhardt High School. We relocated to Calgary and have lived here ever since. We had two more children, Ross and Lori. We have seven grandchildren and two great grandsons.

When Lori was two years old, I joined the UWAC and taught kindergarten in Varsity. Belonging to UWAC was a great comfort and I learned a lot. There was always a lot of work to be done with the preparation of the pyrohy and cabbage rolls for the many catering functions that we were involved with to raise money for the building of our Cultural Center and New Church.

In these fifty years, one of the parishioners asked me to form a Ukrainian Dance group which was very successful. It is called Yalenka. For several years, I was the co-ordinator for this group which had their practices at the cultural center.

My most cherished memories are with working with our youth. I taught Sunday School and later Ukrainian School , Grades 4, 5, and 6. Our CYMK program was based on spiritual, cultural and social themes. We had 22 students ages 14-22. We hosted three Jamborees and went to Edmonton and Vancouver as well for other Jamborees. Mr. Mukanik and I were advisors for five years.

In 1989, there was interest in forming a Ukrainian Language pre-school at our Cultural Center. We had 5 children and 3 parents that formed the first "Sadochok", which is still strong. I stayed on to assist with the making of the babky and kolachi for the Easter baskets, which the children brought to church to be blessed, then later took home.

I have enjoyed being on the UWAC executive over the years and seeing that the hard work we have done has produced results.

Many thanks to our spiritual leaders, Right Rev. Fr. Taras Krochak and Dr. Fr. Tim Chrapko for their help and advice. And thank you to His Grace, Bishop Ilarion, for joining us in our celebration today.

UWAC Calgary, my heartfelt thanks for all your hard work and this "my special day." For your commitment to the betterment of our Church community and to the needy, I thank you.

May God bless you all with good health to continue.
Jean Holyk

Submitted to Promin by Maryann Kowalsky

Left to right: Laura Brodyk - 60 year member, Laura Brodyk 1959, Nancy Demchuk - 60 year member, Nancy Demchuk 1959

Lesia Ukrainka Branch at St. Elia

Edmonton, AB

Vicky Oleksyn - 80 year old

On 1999, the "Year of the Older Person", Mary Shewchuk initiated a program of honoring our members in the year of their 80th birthday. The one 80-year old honored this year was *Vicky Oleksyn.*

Vicky was born on April 2, 1939 on the family farm near Wakaw, SK to Mary (nee Harasinski) and Fred Dasiuk. She had one brother and four sisters, who all worked on the farm. Vicky moved to Edmonton and married Joe Oleksyn in 1967. She worked at the University Hospital until their son Shane was born. The Oleksyns had a family business, Joe's Construction Cleaning Services, and Vicky continues to attend to the financial books. Sadly, Joe passed away in March, 2019. Vicky has two grandsons, Tristian and Kody.

Vicky's remarks at the Appreciation banquet were, "The late Sylvia Holubetz convinced me to join the UWAC in 2008; I didn't feel sorry that I joined. Pearl Shopik took over the kitchen and asked me if I could help – I did. We sure had a lot of fun! We laughed, cried and sang and I enjoyed every minute of being part of the ladies' association. However, age and aching bones took over and I had to leave, but I sure loved working with the ladies. God bless you all."

Annual Appreciation Banquet

Our annual UWAC Appreciation Banquet for members and supporters was held at the Chateau Louis Hotel in Edmonton on June 20, 2019. At the banquet, women reaching membership milestones were recognized and presented with the appropriate add-on for their Smoloskyp pin. This year, 20-year Lesia Ukrainka awards were presented to: Jean Macyk, Pearl Shopik (in absentia) and Mary Ann Tymchuk.

The UWAC Lesia Ukrainka Branch at St. Elia was organized in November, 1958 with 26 members. Receiving 60-year awards were Laura Brodyk and Nancy Demchuk, both founding members. Sixty-year awards were also presented posthumously to the families of our recently reposed sisters, Helen Dzura and Mary Chorney.

Betty Corlett

UWAC St. John's Edmonton, AB

Annual Members' Dinner

Top Left: Vivianne Kruhlak presents Luba Eshenko, Oryssia Lennie at right; Top right: Joana Janis expressing her thanks to the organization; Bottom left: Jean-Ann Romanchuk's granddaughters presenting their Grandmother; Bottom right: Door prizes donated by L Bridges in memory of Natalka Faryna Kit.

The UWAC St. John's Cathedral Branch in Edmonton held its Members' Annual Dinner on Wednesday, June 5, 2019 at St. John's Cultural Centre. Attended by 56 members and their guests, the evening began with prayers and a delicious dinner. Greetings were provided by Julia Elaschuk, President, St. John's Cathedral Branch; Marshall Kachmar, President, St. John's Cathedral Parish; Vivian Skakun on behalf of UWAC Provincial; and Elaine Harasymiw on behalf of UWAC National.

The program, ably emceed by Myroslava Chomiak, consisted of two parts: the honouring of long-term members and entertainment.

Each presenter spoke eloquently about her honouree's background, her accomplishments as a member of UWAC, and her dedication to the organization. Each honouree received a pin and a long-stemmed rose. Those who were in attendance to receive recognition for their long-term service were the following:

Joana Janis – 70 years -- presented by Geraldine Nakonechny;
Jean Romanchuk – 40 years – presented by her granddaughters, Brianna Boyko and Aurora Harrison;
Luba Eshenko – 25 years – presented by Vivianne Kruhlak.

Other members, who were also recognized for their long-term service but were not able to be present, were Pat Sembaliuk (60 years), Iris Ciona (40 years), Zena Skakun (40 years), and Roma Gauk (25 years).

Entertainment was provided by Viter Ukrainian Folk Choir, led by Lesia Pohoreski.

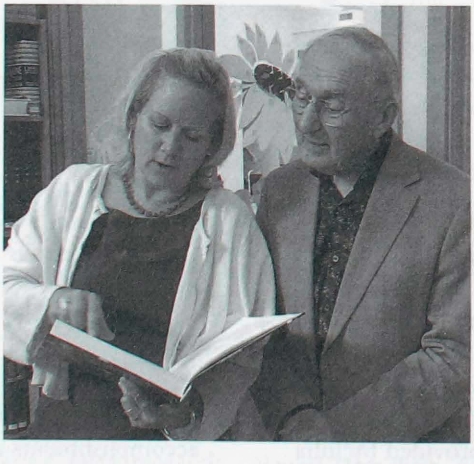
It was an enjoyable evening for all -- an opportunity to celebrate the achievements and dedication of members and to enjoy each other's fellowship!

Submitted by:
Oryssia Lennie, Chair of the Members' Annual Dinner Committee

UWAC St. John's Edmonton, AB

Tea with Theo Event

June 23, 2019



Theo and Bohdan Harasymiw

Over twenty parish members attended "Tea and Talk with Theo in the Library". St. John's Ukrainian Orthodox Cathedral will celebrate its 100th anniversary in 2023. President of the Ukrainian Women's Association of Canada, St. John's Branch, Julia Elaschuk, has initiated a community based mosaic project for St. John's Cultural Centre to commemorate the event.

Above left: Olha Logvynenko in the Library; Above right: Myra Chomiak, Olha Logvynenko, Donna Kowalishin; Left: Oryssia Lennie, Donna Kowalishin, Julia Elaschuk, Theo Harasymiw, Tatiana Martschenko, Olha Logvynenko, Myra Chomiak, Elaine Harasymiw.

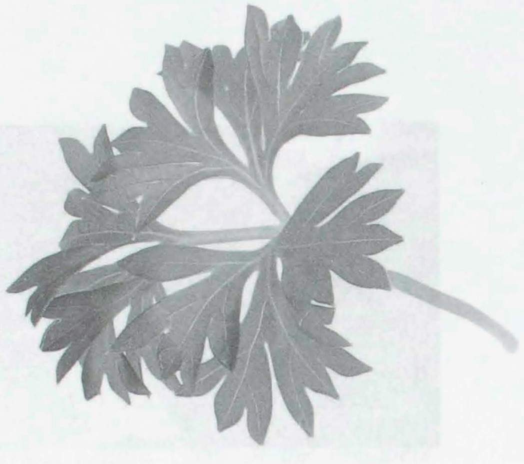
In an intimate setting and informally, the mosaic project was explained, feedback was elicited and the library was reintroduced to the parish. The UWAC St. John's Library, housed in the Cathedral basement, has recently been re-organized and digitalized by Orasia Yereniuk. Its interesting history, dating from 1934, was presented by Elaine Verchomin Harasymiw, whose mother was one of its founding members.

Theodora Harasymiw is a local mosaic artist and a member of Soyuz. Her work has been featured in Promin (see August/September 2018). She will spearhead the mosaic project, which may well take the form of a tryptich—the past, present and future of the parish.

The Executive would like to thank parishioners for supporting the event and all Soyuz members who provided homebaked goodies and assisted with the set up and decoration, like Tatiana Martschenko, who enthusiastically supported the event from its inception.

Julia Elaschuk and Leona Bridges
Photos by Myra Chomiak

FOR THE LOVE OF GARDENING



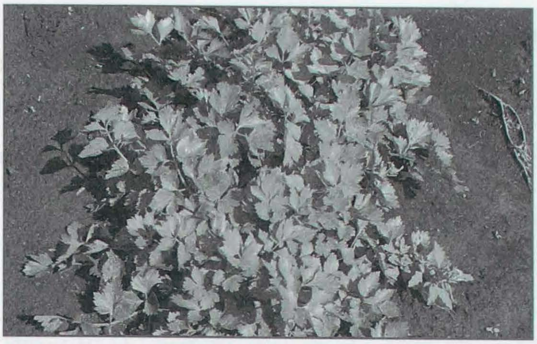
GROWING, PRESERVING AND COOKING WITH PARSLEY

(Apiaceae or Umbelliferae)

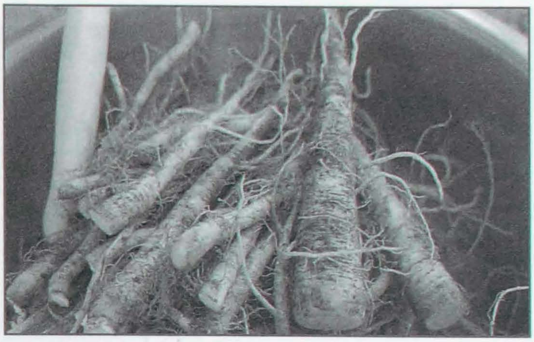
Introduction. Parsley, a member of the carrot family (*Apiaceae / Umbelliferae*), was first cultivated in the Mediterranean region. Now this culinary herb is part of our cuisine the world over. In France, a bundle of parsley, thyme and bay leaf tied together form a *bouquet garni* that is added to stocks, soups, and stews. In Lebanon, parsley is one of the main ingredients of a salad called *tabbouleh*. In Argentina, *chimichurri sauce* is made of garlic, parsley, olive oil, lemon juice and seasoning; it is served on meat. In Italy, *gremolata* is a mixture of finely chopped parsley, garlic and lemon zest, sprinkled on a stew or soup. While in Brazil, *cheiro verde* is a mixture of equal parts of parsley and scallions chopped and added for flavor. Parsley is the most common herb found in our gardens and is used mostly in soups, sauces, dips, marinades, dressings, stuffing, vegetables and is added to garlicy hummus to freshen our breath.

Health benefits. Nutrients found in parsley include vitamin C, A, K, B-carotene and minerals such as potassium, calcium, and iron. Parsley has anti-inflammatory properties, is a strong diuretic, increases mother's milk production, promotes healthy skin, and is a breath freshener. It can be used as a poultice for wounds and insect bites.

Varieties of parsley. Parsley is a biennial that flowers and produces seeds in the second year.



Parsley in the first year of growth



Freshly harvested parsley root ready to wash

Parsley ready to flower in second year

Parsley leaves, washed, separated from the stems, ready to scald

The three varieties of parsley available for planting are the curled-leafed (var. crispum—mostly used as a garnish), the flat-leafed (var. neapolitanun—recommended for culinary use, as it is more flavorful) and turnip-rooted parsley (var. tuberosum—grown for its root and its leaves). My favorite root parsley is 'Bartowich Long' as it has the most flavorful leaves, but I can no longer find the seed. 'Hamburg Parsley' and 'Arat' are other root varieties. Some flat or plain leafed varieties are 'Italian Dark Green,' 'Gigante d'Italian,' 'Splendid,' 'Italian Plain,' 'French Parsley,' or 'Broad-leafed Parsley.' Some curly parsley varieties include 'Forest Green,' Dark Green,' 'Champion Moss Curled,' and 'Moss Curled.'

Planting and growing. I prefer to treat parsley as an annual, as leaf production is very sparse when the root is left over the winter for the second year. If you wish to collect the seed, leaving the root for the next season is useful, especially if a favorite variety is likely to be discontinued.

Germination of parsley is erratic and difficult. Some growers recommend using the technique of stratification, a process in which seeds are prechilled and exposed to moisture to break dormancy. Seeds can be started indoors, but need to be transplanted when the plants are very small, as the root will be stunted. The seeds will germinate in 15-21 days at temperatures of 60-65° F, providing there is sufficient moisture. I usually soak the seeds for 24 hours prior to direct planting in a row and cover the seed lightly. As our garden is out in the field, success of germination depends on rain.

Harvesting and preserving parsley. I use parsley greens all year round. For a continued supply of parsley, cut the outer leaves, leaving the inner part to continue production of leaves. When the leaves are plentiful, I cut, wash, scald, chill

the parsley leaves and package them for the freezer. Stems can also be prepared in the same way for use in stocks. Parsley roots can be trimmed, washed, and air dried to get rid of any moisture before bagging in large fresh produce Ziploc bags and stored in a cold room or refrigerator. Harvest and enjoy your parsley and parsley root throughout the summer.

Recipe using parsley. I first tasted tabbouleh when I attended a three-day conference entitled *Prairie Medicinal and Aromatic Conference* held at Olds College in Olds, Alberta in 1996. Tabbouleh is a Lebanese recipe in which the main ingredients are parsley and bulgur wheat. Substitute couscous for bulgur wheat or for a gluten free salad, use quinoa as the grain.

Tabbouleh recipes vary greatly. The amount of bulgur wheat can vary from ¼ - 1 cup and the parsley from ½ - 3 cups finely chopped. In addition to bulgur and parsley the other common ingredients in tabbouleh include tomatoes, cucumbers, green onion, and mint. Lind and Hockman-Wert's recipe also includes fresh peppers, hot peppers, carrots, summer squash and chickpeas.

The recipe for the dressing also differs as to the proportions of freshly squeezed lemon juice, olive oil, salt and black pepper used. For extra flavour, the recipe from 'Mama's Lebanese Kitchen' includes 1/3 tsp. Lebanese 7-spices. This spice is made up of equal parts of allspice, black pepper, cinnamon, ground cloves, ground nutmeg, fenugreek and powdered ginger. See: www.mamalebanesekitchen.com

Following is my version of tabbouleh.

Recipe for Tabbouleh.
1 cup uncooked bulgur, quinoa, or couscous. Follow the instructions below, fluff up and cool.

For bulgur: Rinse and strain one cup bulgur. Add one cup boiling water, stir, cover and leave for one hour. Fluff up.

For couscous: Into a bowl, put one cup couscous. Into a two-cup measuring cup, pour 1½ cups boiling water, 1/3 teaspoon salt, 1 tsp. olive oil; mix and pour over the couscous. Wait until the water is absorbed and fluff up with a fork.

For quinoa: Wash quinoa three times in cold water, draining into a sieve each time. This step is important as quinoa has a coating called saponins that will result in a bitter taste. The water will not be foamy when the saponins are all washed off. If the label on the package of quinoa states PREWASHED, you can skip this step. Add one cup washed quinoa to one-quart boiling water seasoned with salt. Cook uncovered for 10 minutes. Strain into a fine

Ingredients for tabbouleh made with bulgur, couscous or quinoa

Tabbouleh with bulgur ready to serve

Ingredients for tabbouleh recipe using quinoa

Quinoa version of tabbouleh ready to serve

sieve, saving the water. Return some of the hot water into the pot, set the sieve with the quinoa in it over the boiling water, place a damp tea towel over the quinoa, cover and cook for another ten minutes. Remove the pot from the heat and uncover. Let it stand, still covered with the tea towel for another 5 minutes. Then fluff up.

Ingredients for Tabbouleh
1 cup wheat bulgur, couscous or quinoa
½ cup chopped orange, yellow or red pepper
1 cup finely chopped cucumber
2 plum tomatoes (cut, chopped and strained)
2 bunches or 4 cups parsley leaves, washed, patted dry, cut fine (about 1¾ cups)
3 scallions, chopped
2 tablespoons finely chopped mint

Dressing
Juice of one lemon (about 5 tablespoons)
2 cloves garlic, finely chopped
½ teaspoon salt
½ pepper
¼ cup olive oil

Preparation. Follow the instructions above for preparing your choice of one of bulgur, couscous or quinoa. Wash and dry all the vegetables and herbs. Remove the parsley and mint leaves off the stems. Chop both parsley and mint finely and leave on paper towel to get rid of any moisture. Chop tomatoes into small cubes that are less than ½ inch and place in a strainer to remove moisture.

Assembling and Serving. Prepare your dressing and combine it with bulgur, vegetables, parsley, mint, green onions, salt and pepper. Stir and serve. This can be served on a lettuce leaf, in small pita halves, or stuffed in tomatoes or peppers.

Good Companions. Parsley root can be served as a vegetable or added to soups and stews. Parsley greens are a good accompaniment for potatoes and tomatoes and complement other vegetables such as avocados, cauliflower, cucumbers, parsnip, and mushrooms, as well as grains, such as rice, bulgur, couscous, quinoa, and lentils. It pairs well with basil, bay leaf, chives, cumin, garlic, mint, oregano, pepper, rosemary and tarragon. Given its versatility and its uses in various ethnic cuisines, parsley should inspire us to greater creativity in our kitchens.

Vivian Skakun
All photos by Vivian Skakun

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IMPORTANT DONATIONS

Dear Promin Readers and Contributors,
The following donations were received for the April – May 2019 PROMIN, but were not acknowledged in the issue. My most sincere and heartfelt apology for this omission; the error is totally mine.

With regrets,
Betty Corlett, Administrator

Donations received for April - May 2019 PROMIN

Donations

Garrity, Olena, Winnipeg, MB	$ 20.00
Matychuk, Nampa, AB	$ 10.00
McDonald, Nadya, Calgary, AB	$ 100.00
Samcoe, Emelia, Saskatoon, SK	$ 35.00

Donations in Memory of...

- Garrity, Olena, Winnipeg, MB $ 50.00
  In memory of parents John and Elizabeth Shewchuk
- Kozun, Olga, Nipawin, SK $ 70.00
  In memory of mother Pearl Rudey, Carrot River
- Rudko, Jean, Edmonton, AB $ 20.00
  In memory of husband Walter
- Sametz, Rosalia, Richmond Hill, ON $ 100.00
  In memory of husband William and grandson Will Chewchuk
- Ulan, Chris, Saskatoon, SK $ 100.00
  and Keir, Doreen
  In memory of mother Sophia Wasylyshyn

May their Memories be eternal.

Вічная пам'ять!

Mary Chorney (1926 – 2018)

Mary Chorney (nee Bucyk) was born on June 17, 1926 in Warwick (District of New Kiew), Alberta. Mary passed away peacefully on November 26, 2018 at the Royal Alexandra Hospital. Mary was the fourth child of thirteen of Nicholas and Ann Bucyk. Many of her early years were spent attending Fairwood School, looking after her siblings and helping out where needed on the family farm. Mary would constantly remind her own children of her lengthy walk to and from school in all kinds of weather.

At the age of 18, Mary made the big move to Edmonton. She stayed with her Aunty Pearl and assisted her in the raising of her two sons, Johnny and Billy. Employment was soon found at Woolworths in the Old Tegler Building. Here she became close friends with Nancy Chorney, who would eventually become her sister-in-law. Nancy introduced Mary to her brother Walter and Mary introduced her brother Harry to Nancy.

Mary and Walter's romance blossomed and they were married on August 5, 1950. They were blessed with 3 children: Max in 1952, MaryAnn in 1954 and Rose in 1957. A home was soon purchased in east Edmonton, where a lot of family already lived. Family life was good. Walter's job took him away from home frequently, which left Mary to raise their children in his absence.

In 1958, Mary began to assist the caterer at St. Elia Ukrainian Orthodox Parish. She would eventually take over as head caterer. Mary became known as a fine cook and was requested for catering functions at various community halls, eventually leading to full time employment at Balwin Community Hall. Besides her love of cooking, Mary spent hours tending to her garden and putting up annual preserves for her family. A family favorite was the 'kapusta' in the pink oak barrel tucked away in the garage.

Weekends were always spent visiting the family farm and tending to her parents' needs. All of Mary's children pitched in with the farm chores, collecting eggs from the chicken coop, working in the garden and bringing the cows home for milking. One particular highlight of these visits was the harvest, where all the children got to ride the horse-pulled wagon collecting bales.

Mary and Walter also enjoyed playing cards and other board games with family and friends. It was part of their legacy to their children.

Mary joined St. Elia Church shortly after the completion and opening of the church. She became a member of the Lesia Ukrainka Branch of the UWAC in 1959. Mary would have been a member of UWAC for 60 years in 2019.

Mary lost the love of her life when Walter experienced a brain aneurysm only blocks away from home after a weekend visit to the farm. He passed away on October 17, 1971. Mary was then left

completely on her own to raise her children and a fine job she did!

She would spend many hours embroidering in her later years when catering was no longer possible. Cross stitching was her favorite and her children and grandchildren are all blessed to have a collection of her works.

There was no need for internet in Mary's world. The BBC (Баба Бабі Сказала) was always very active in her home. Many hours were spent on the phone with church members, family and friends. Mary's two and a half years at the Kipnes Centre for Veterans was joyful. She quickly became the social butterfly. She attended almost all the activities provided by the recreational staff. Some of Mary's favorites were bell choir, regular choir, bingos and attending the weekly mass. When there were no planned activities, Mary would be in her room, working on word searches or coloring.

Mary is survived by her son Maxim (fiancée, Elsa), daughters MaryAnn (Bill) and Rose. She is also survived by 7 grandchildren: Brian (Christina), Kathleen (Ryan), Matthew (Cat), Katrina (Mikael), Daniel (Kelsey), Ashley (fiancé, Phillip), Markiana (boyfriend, Andy). She will also be missed by her 7 great grandchildren: Ryland, Janaya, Hannah, Paige, Owen, Elliot and Logan.

Mary's passing is mourned by her brother Peter and sisters-in-law Nancy, Eileen, Thelma and Sharon, and by numerous nieces and nephews.

Mary was predeceased by her husband Walter, her parents Nicholas and Anne, brothers John, Bill, Harry, Steve, Paul, Nick and Mike, sisters Catherine, Rose, Olga and Pearl, as well as daughter-in-law, Joanne, and great grandson, Christopher.

Submitted by MaryAnn Baziuk, Daughter

Catherine (Werboweski) Woloschuk

Catherine, a very humble and gracious lady, passed away peacefully on April 30 at the Royal University Hospital in Saskatoon at the age of 94.

Catherine was born near Wroxton, Saskatchewan in 1924 and was the eldest of five children. Catherine attended Brandon School, completed grades 9 and 10 by correspondence and grades 11 and 12 at the Kamsack Collegiate. She went on to Normal School in Regina to begin her teacher training. Due to a shortage of teachers, Catherine was requested to take her first teaching position prior to completing the program. She began teaching in 1942 at Hunter's Hill School near

Clair, Saskatchewan, where she taught grades 1-10. In 1944, Catherine returned to school, attended Mohyla Institute in Saskatoon, and completed her teacher training. It was at Mohyla Institute that Catherine developed a dedication to her Ukrainian heritage and Orthodox faith. She was a firm believer in nurturing the spiritual self in order to have a proper life balance.

After completing her teacher training, Catherine taught in Stornoway, Parkerview, and Pebble Lake Schools, where she taught multiple grades in one-room school houses. Catherine's annual Christmas concerts were always a highlight for both the students and the parents.

It was in 1945, while teaching at Geddes School near Stornoway, that she met Norman Woloschuk. Two years later, Catherine and Norman were united in marriage at the Ukrainian Orthodox Church of the Holy Trinity in Canora, Saskatchewan. After they were married, Catherine continued to teach and, in 1960, Catherine and Norman moved to Sturgis, Saskatchewan, where they owned and operated the Sturgis Hotel. In 1962, they moved to Yorkton, where Catherine resumed teaching. Catherine completed her teaching career at Simpson School in Yorkton, having taught there for 20 years. Catherine believed in the value of education and was truly a lifelong educator, helping others to achieve their educational goals. In addition to her career as a teacher, Catherine provided after school instruction in the Ukrainian language and promoted the Ukrainian culture at every opportunity. In her retirement years, she also taught English to new Canadians who immigrated from Ukraine.

Catherine and Norman were long time members of the Holy Transfiguration Ukrainian Orthodox Church in Yorkton and were very active in the church community, especially the church choir. Catherine was a very devoted adherent and honoury life member of the local Ukrainian Women's Association of Canada (Olena Pchilka Branch) and honorary life member of the Saskatchewan Provincial Ukrainian Women's Association of Canada and served as the provincial president from 1984-1986. Catherine was also very active with the Ukrainian Canadian Congress and in 2009 was the recipient of the Nation Builder's Community Recognition Award for her meritorious contribution in the area of Cultural Preservation and Development.

After many years of independent living in Yorkton, Catherine moved, in 2013, to Ilarion Residence in Saskatoon where she enjoyed life until her recent passing. Her granddaughter and great grandchildren held a special place in Catherine's heart. She was a very loving and proud Baba. To many family and friends Catherine was affectionally known as Kay and to the younger generation as "Baba Kay."

Catherine was predeceased by her parents, Dmytro and Maryna (Podollan) Werboweski, and her husband, Norman (1981). As well, she was predeceased by brothers, Peter, and his wife, Sylvia; Edward and his wife, Ruth; sister, Eleanor and her husband, Albert, and in-laws, Marge Wiley, Metro and Anne Woloschuk, Peter and Mary Woloschuk, Maurice and Anne Sorokan, Mary Woloschuk, and nephews, Ervin, Patrick, Ken and Boris.

Catherine will be lovingly remembered by her son Wayne (Lesia) of Calgary, granddaughter Alicia (Brad) of Calgary, and two precious great grandchildren, Bentley and Everly. Catherine will also be dearly missed by her brother, Norman, and his wife, Regina, and sister-in-law, Irene, along with numerous nieces, nephews and her many friends.

May her memory be eternal!
Submitted by Son, Wayne Woloschuk

The Alberta Benevolent Cantor Association

THE ALBERTA BENEVOLENT CANTOR ASSOCIATION provides training and resource material for cantors in Ukrainian Orthodox parishes. We welcome all interested individuals to become members and those who wish to train as cantors.

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St. Romanus, the melodist

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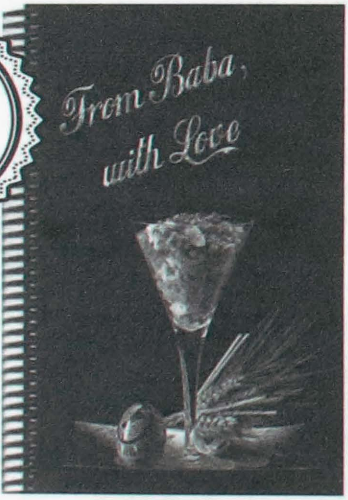

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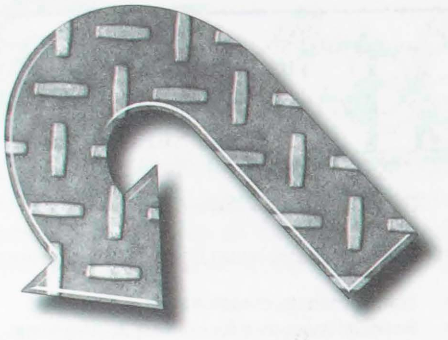

Administrator's Important Note

We are so thankful to those who are renewing their journal and gifting friends with Promin and for the donations we receive for the Press Fund and in memory of loved ones!

The subscription for Promin has increased to $30 per year from $25 as of December 31, 2018. A number of renewal cheques have come in $5 short. So . . . . . starting next issue, our administrator will pro-rate the subscriptions received. Basically, $5.00 per issue, so $30.00 is a full year (six Promins) and $25.00 is for five Promin magazines.

The expiry date will be reflected on the address label. I hope our readership will understand the logic behind this decision; basically we operate on a shoestring budget.

Важлива замітка адміністраторки

Адміністрація "Променя" підвищила передплату при кінці минулого року, отже, від 31-го грудня, 2018 р. річна передплата--$30. Ми отримали досі багато чеків відновлення в сумі $25. Через причину, що ми видаємо "Промінь" з невеликими коштами, починаючи з цим числом, візьмемо $5 за кожний журнал. Якщо заплатите тільки $25, побачите, що кінцева дата вашої передплати буде два місяці скорша. Подивіться на свою наліпку.

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Artist in the Spotlight – Susan Ferbey

Susan Ferbey, my childhood neighbour, not surprisingly, became a crackerjack science teacher within the Edmonton Public School Board before going on to teach in Switzerland and Korea. What is surprising about Susan? She has managed to apply her passion for biology very successfully to an art form—pottery and ceramics.

Susan's Ukrainian cultural genes run deep. Like our pagan Ukrainian ancestors and our Christian Ukrainian Canadian pioneers, she is inspired by the seasons of the year. To quote Susan herself, "Alberta, where I live, is ruled by the seasons. I can't help but turn clay into what I see and feel around me. The fall brings golds and bronzes, harvest - the season of plenty, a nip in the air, the hope for a long, warm, Indian summer under brilliant blue skies. Winter translates into ice white porcelain candle lanterns. Warm fire light through carved designs of snowy trails, animal tracks, and far away places to soothe the mind as winter rages outside. Spring is an explosion of new growth, foliage, the reappearance of color. Summer is all out life: flowers, first crops from the garden, jumping fish, and the splash of water all under the veil of a brilliant sun. Until the leaves turn and the cycle begins again. This is what inspires me."

Susan belongs to the Edmonton Potters' Guild, which holds annual sales, and her work was recently featured in a month-long exhibition at the Alberta Council for the Ukrainian Arts alongside painter, Gaye Oxford. She works at home in Edmonton, but also maintains a summer studio at Moose Lake in northern Alberta.

Susan produced a series of 'borshch' bowls for the Babas and Borshch Festival in Lamont, AB. Her iconic images present the intense colors of beets, peas, carrots, and dill, while her stoneware casseroles feature clay appliqués—beets, garlic bulbs or the word "KABA" on a coffee mug. Susan, by the way, is the proud Baba of four.

A child of nature, this potter loves working with her hands and feeling the substrate – whether it's clay, dough, soil. City bred, she has always been most comfortable in the bush, at the lake, in the mountains. She enjoys picking 'smyrzhi' in spring and saskatoons, pincherries and raspberries in summer. Fishing for elusive perch and pickerel is a favourite activity along with gathering chokecherries, cranberries, and 'pidpenky' after the first frost. She likes to walk the bush, looking for grouse with husband, Gary, as well as helping him butcher deer. Harvesting garden vegetables in fall and turning them into borshch, holubtsi and varenyky in winter, has become a habit.

"This inheritance from the lives of Ukrainian settlers is what I've got in my bones and that's what shows up in my pots."

Carving lanterns on cold winter nights engages her completely. As she carves leaves, flowers, animal tracks, the bounty of farm and field, and features of the night sky, Susan is reminded of Ukrainian pioneers embroidering by candlelight.

Susan Ferbey works mostly in porcelain, an unforgiving, but beautiful medium. I am the proud owner of two of her terracotta pieces—carefully executed. They, too, are lovely. Susan considers herself a potter, ceramicist and "a bit of a painter". By the photos of her work, one can see that she is clearly all three!

You can acquire Susan's pieces by connecting with her on Facebook—Susan Ferbey Pottery page.

Researched and prepared by Leona Faryna Bridges
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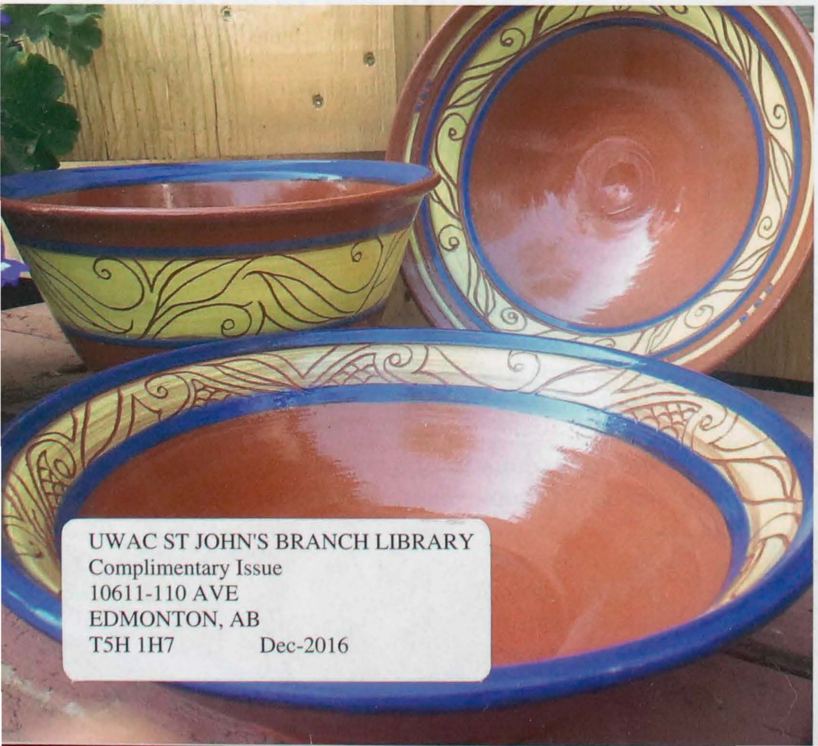

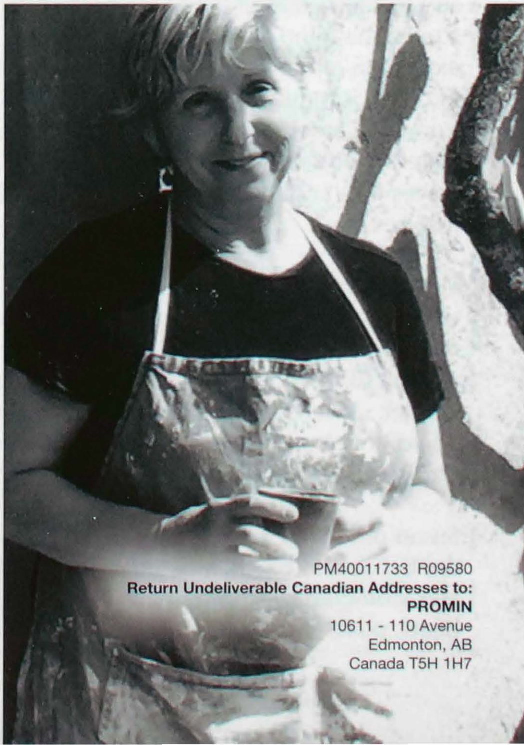

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